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National Counselor Examination

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QUESTION 1

Nathan has been working on cutting down on drinking. He tells you he passed a state store and found my car pulling itself into the lot. He denies giving much conscious thought to it. Nathan is describing the workings of:

- A. The superego
- B. The id
- C. The ego
- D. The conscious mind

Correct Answer: B

According to Freud, the id is present at birth and is part of the unconscious. It is impulsive, not rational, and moves towards pleasure and away from pain. The superego is made up of the conscience and ideal self and incorporates society's values and norms. The ego uses a rational process to solve problems and meet the id's demands while satisfying the superego.

QUESTION 2

Crites is the researcher that first described the concept of "career maturity".

- A. True
- B. False

Correct Answer: B

Career maturity was first mentioned by Donald Super and is the degree to which people are prepared to make good educational and vocational choices. Crites created the Career Maturity Inventory based on Donald Super's theory of career development.

QUESTION 3

A counselor sets her monthly fees for consultation on a job-by-job basis. Which of the following reinforcement schedules is this an example of?

- A. variable ratio
- B. fixed ratio
- C. fixed interval
- D. variable interval

Correct Answer: A

A variable ratio schedule is when a reward occurs after an unpredictable amount of responses and typically provides a high rate of response. The counselor's rate is unpredictable from one job to the next. A fixed ratio schedule occurs

when a response is reinforced after a set number of responses. Fixed interval schedules reinforce the response only after a certain amount of time has passed. Variable interval schedules reinforce the response after an unpredictable amount of time has gone by.

QUESTION 4

You are using the ABC model of cognitive therapy. Which model are you trying to promote in your clients after a negative event?

- A. Negative Event leads to irrational belief leads to positive thought
- B. Negative Event leads to rational belief leads to healthy negative thought
- C. Negative Event leads to irrational belief leads to unhealthy negative thought
- D. None of the above

Correct Answer: B

Albert Ellis developed the ABC model to help replace unhealthy, irrational beliefs with rational ones following a negative event.

QUESTION 5

Your supervisor suggests that you give your client a Beck's Depression Inventory (BDI) Test. This is a(n) _____.

- A. aptitude test
- B. intelligence test
- C. self-report test
- D. achievement test

Correct Answer: C

Tests that measure criterion based on a patient's report are called self-report tests. The BDI does not measure aptitude, intelligence or achievement.

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